

DBH Cultural Event Newsletter 2007

Editor: Minette O'Bryan



February is African American History Month

<http://www.diversityresources.com/intranet/index.htm>
<http://www.infoplease.com/spot/bhml.html>
<http://www.partyguideonline.com/months/february>
<http://www.fecca.org.au/Calendar/feb2007.html>
<http://www.southtravels.com/asia/myanmar/holidays.html>
<http://www.kelownabuddhisttemple.org/pagefour.htm>
<http://www.nwhp.org/news/february.php>
<http://www3.kumc.edu/diversity/february.html>
<http://interfaithcalendar.org/2007.htm>
<http://techdirect.com/valentine/vrecipes.html>
<http://library.thinkquest.org/10320/Desserts.htm>
<http://www.isholf.is/gullis/jo/desserts.htm>
<http://www.web-holidays.com/calendar/february/>
http://www.vpcalendar.net/Holiday_Dates/2005_2010.html
<http://www.chabad.org/library/article.asp?AID=3264>
http://www.reference.com/browse/wiki/Roman_festivals
<http://www.crayola.com/calendar/index.cfm?month=2&year=2006>
http://en.wikipedia.org/wiki/List_of_holidays_by_country

African American History Month. A chance to honor the lives & achievements of African Americans. In 1926 Dr. Carter Woodson instituted a week-long celebration of the contributions of African Americans to history. Dr. Woodson chose the week of Abraham Lincoln's birthday (February 12). In recent years the observance has expanded, and now the entire month of February is celebrated as African American History Month. Because of the variation in terms used, this month is also known as Afro-American History or Black History & Black Experience Month. Each year, the Association for the Study of Afro-American Life & History, founded by Dr. Woodson, sets the theme for the month. For this February, contact the association at 202-865-0053 or visit its web site at www.asalh.org.
<http://bv.channel.aol.com/>
<http://www.dpw-archives.org/asalh.html>
<http://creativefolk.com/blackhistory/blackhistory.html>

2007 Theme: "From Slavery to Freedom, Africans in the Americas." <http://www.asalh.org/>

THE ASSOCIATION FOR THE STUDY OF AFRICAN AMERICAN LIFE AND HISTORY

Howard University, CB Powell Building, 525 Bryant Street, Suite C142, Washington, DC 20059

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email address: asalh@earthlink.net

Join MSN Encarta in celebrating Black History Month:
<http://encarta.msn.com/encnet/features/Guides/?Page=BlackHistory>

Books on African American women:

<http://www.thebestkidsbooksite.com/thispartictopic.cfm?BookTopic=1263>

Living Legend: Dorothy Height

She has been deemed the 'grand dame' of the Civil Rights Movement. She was named president of the National Council of Negro Woman (NCNW--<http://www.ncnw.org/>) in 1957 -- a position she held for 4 decades.



African American Firsts

<http://encarta.msn.com/encnet/features/Lists/?Article=AfricanAmericanFirsts>

African American history is filled with important milestones & breakthrough achievements. The following list calls out just a few notable "firsts" in the history of African Americans.

Astronauts



In August 1983 Guion Bluford became the 1st African American to go into space, while serving on a mission aboard the Challenger space shuttle. Bluford said that the blastoff of the shuttle was like riding in a high-speed elevator through a bonfire. He also recognized that, "From a black perspective, my flight on the shuttle represented another step forward."



Astronaut Mae Jemison became the 1st African American woman to travel in space when she flew on the space shuttle Endeavor in a September 1992 mission. After her space flight, Jemison resigned from NASA & established the Jemison Group, a company that researches, develops, & markets advanced technologies.

Black church

Protestant minister Richard Allen founded the African Methodist Episcopal Church (AME), the 1st black church that would have a nationwide following, in Philadelphia in 1816. A group of black parishioners at Saint George's Church in Philadelphia had formed the congregation that became the AME as early as 1786. From its inception, the AME has been dedicated to black self-improvement & Pan-Africanist ideals.

Black History Month



African American historian Carter G. Woodson organized the 1st annual celebration of Negro History Week in 1926. It was held during the second week in February in honor of the birthdays of African

American scholar Frederick Douglass & former US president Abraham Lincoln. Promoted by schools & the press as a way to celebrate black history & achievement, the event steadily gained in popularity. In the early 1970s, Negro History Week was extended & renamed Black History Month.

Film

In 1919 writer & motion-picture director Oscar Micheaux made *The Homesteader*, the 1st full-length film directed by an African American. The film, based on Micheaux's own novel, depicts the adventures of a self-made black settler in the American West. Micheaux went on to produce, write, & direct more than 30 films over the next 3 decades. In 1931 he made the 1st African American feature-length sound movie, *The Exile*.

Golf champion



In 1997 Tiger Woods, whose father is African American and whose mother is Thai, became both the 1st African American and the 1st Asian American to win the Masters golf tournament. At the same time, he broke several tournament records, including youngest champion (21 years of age), lowest score for 72 holes (18 under par at 270), & widest margin of victory (12 strokes). Woods's winning streak continued in subsequent years, making him one of the greatest players in the sport's history.

Governor



Douglas Wilder became the 1st African American to be elected governor when Virginia voters chose him to lead their state in 1989. (In 1872, another African American, P. B. S. Pinchback, briefly served as governor of Louisiana after the sitting governor was impeached, but Pinchback was never elected to the post). A decorated hero of the Korean War (1950-1953), Wilder began his political career as Virginia state senator (1969-1985) & later served as Virginia's lieutenant governor (1985-1989) before being elected governor. His success as a Democrat in a largely white, Republican state stemmed from his position as a "healer" of racial strife, his moderate views on social policy, & his fiscal conservatism.

Major league baseball player



In 1947 Jackie Robinson joined the Brooklyn Dodgers lineup, becoming the 1st African American to play in the major leagues since baseball became segregated in the mid-1880s. Breaking baseball's color barrier was a serious challenge, & Robinson met fierce resistance from many players & fans who believed in the separation of people on the basis of race. Robinson endured malicious catcalls & racial slurs shouted from the stands. He also received anonymous notes threatening death if he continued to play baseball. Some rival players threw pitches at Robinson's head, spat on him when he slid into a base, & attempted to injure him with the spikes on their shoes. Despite this abuse, the determined Robinson helped the Dodgers win the National League (NL) pennant in

1947. During the season he led the NL with 29 stolen bases, & sportswriters named Robinson rookie of the year.

Nobel Peace Prize



Scholar & diplomat Ralph J. Bunche became, in 1950, the 1st African American to win a Nobel Peace Prize. He received the award for his role as the architect of United Nations (UN) peacekeeping efforts & for having negotiated the 4 armistice agreements that halted the Arab-Israeli War of 1948. In 1955 he was named the UN's Undersecretary for Special Political Affairs; in that capacity he oversaw UN peacekeeping operations in some of the most heated conflicts around the world. US President John F. Kennedy awarded Bunche the nation's highest civilian honor, the Medal of Freedom, in 1963.

Novel

In 1853 William Wells Brown wrote *Clotel; or, The President's Daughter*, the 1st novel by an African American author. First published in England, *Clotel* is a fictional account of slave children allegedly fathered by US president Thomas Jefferson. The 1st novel published in the US by an African American author was also the 1st novel published by a black American woman, Harriet Wilson. Her novel *Our Nig* (1859) details the difficulties faced by Northern free blacks.

Poem

In 1746 Lucy Terry, an African-born slave in Rhode Island, composed the 1st known poem by a black American: "Bar's Fight." The poem, which was not published until 1855, describes a Native American raid against white settlers in New England. In 1773 poet Phillis Wheatley became the 1st African American to publish a book, entitled *Poems on Various Subjects, Religious and Moral*. Considered the founder of African American literature, Wheatley is perhaps best remembered for her poem "On Being Brought from Africa to America," which describes her experience coming to America as a 7-year-old child & as a slave.

Pulitzer Prize



In 1950 poet & novelist Gwendolyn Brooks became the 1st African American to win the Pulitzer Prize, which she received for her 2nd book of poetry, *Annie Allen* (1949). Brooks was praised throughout her writing career for poems that grapple with issues of art, identity, race, gender, & the relation between literature & popular culture.

Secretary of state

In 2001 General Colin Powell became the 1st African American secretary of state, when he was appointed to the post by President George W. Bush. Earlier in his distinguished career as a military leader, Powell became, in 1989, the 1st black officer to serve as chairman of the Joint Chiefs of Staff, the highest military post in the country. Appointed to that position by Bush's father, President George Herbert Walker Bush, Powell played a pivotal role in the Persian Gulf War of 1991. In the current

US-led war on terrorism, Powell is performing strategic, diplomatic, & military objectives at the highest levels.

Senator



The son of former slaves, Hiram Revels became the 1st African American to serve in the US Senate. Revels was elected in 1870 to fill the seat left vacant by--of all people--

Jefferson Davis, the champion of slavery who had resigned from the Senate to become president of the Confederate States of America & to lead the South in the American Civil War (1861-1865). A former minister in the African Methodist Episcopal Church, he was 1 of the 1st in a long history of black "preacher-politicians."

Supreme Court justice



In 1967 civil rights lawyer Thurgood Marshall became the 1st African American justice on the Supreme Court of the US. One of the country's most influential & well-known lawyers, Marshall was a tireless

advocate for the rights of minorities & the poor. Before his term as Supreme Court justice, Marshall was director of the legal defense fund for the National Association for the Advancement of Colored People (NAACP), & a lawyer whose victory in *Brown v. Board of Education* (1954) outlawed segregation in American public education.

Although he was the 1st African American to serve in several powerful government positions, Marshall said he hesitated to take on the roles, not wanting to abandon his friends in the civil rights movement. But, he said, "when one has the opportunity to serve the government, he should think twice before passing it up."

Tennis champion



The Associated Press (AP) honored tennis champion Althea Gibson with the Female Athlete of the Year Award in 1957, the year she won the women's singles & doubles tennis championships at Wimbledon, the US

women's clay court singles championship at River Forest, Illinois, & the U.S. Open singles & doubles championships at Forest Hills in New York City. Gibson was the 1st African American to win each of these major tournaments. In the 1960s Gibson retired from tennis & became a professional golfer.

The African American Odyssey

<http://memory.loc.gov/ammem/aaohhtml/exhibit/aointro.html>

"The exhibition *The African American Odyssey: A Quest for Full Citizenship*, showcases the incomparable African American collections of the Library of Congress. Displaying more than 240 items, including books, government documents, manuscripts, maps, musical scores, plays, films, and recordings, this is the largest black history exhibit ever held at the Library, and the first exhibition of any kind to feature presentations in all three of the Library's buildings."



The African American Mosaic

<http://www.loc.gov/exhibits/african/intro.html> "A Library of Congress Resource Guide for the Study of Black History & Culture."

The African American Journey

<http://www.pbs.org/wnet/aaaworld/>

Black Military Heroes

<http://encarta.msn.com/encnet/features/Lists/?Article=BlackMilitaryHeroes>

African American Inventors

<http://encarta.msn.com/encnet/features/Lists/?Article=AfricanAmericanInventors>

Music: Get an overview of the influences & contributions of African Americans in the world of music.

Jazz:

<http://www.harlem.org/>

Rap & Hip Hop:

<http://www.cbmr.org/styles/hiphop.htm>

Spirituals:

<http://www.negrospirituals.com/>

African American Historic Places

"The National Register of Historic Places is pleased to promote awareness of & appreciation for the historical accomplishments of African Americans during African American History Month."

<http://www.cr.nps.gov/nr/feature/afam/>



February 1

Langston Hughes (1902–1967): African American.

Writer. He emerged as a leader of the Harlem Renaissance in the 1920s & became the most influential African American writer of his time. His poetry, which drew on the traditional Black art forms of spirituals, blues, & jazz, won an especially wide audience, but Hughes also distinguished himself as a writer of fiction, drama, essays, & history.

1st student sit-in protesting segregation took place on this date in 1960 when 4 African-American college students in Greensboro, North Carolina used this non-violent technique at Woolworth's lunch counter & the movement spread throughout the South, eventually becoming the Student Nonviolent Coordinating Committee (SNCC).

Feb 1, 1978: 1st postage stamp to honor a black woman, Harriet Tubman, is issued in Washington, DC.

St. Bridget's Day: Ireland. Celebrates the arrival of spring in feminine form. Bridget is the female counterpart to St. Patrick. Before the coming of Christianity, she was the goddess Briget, and was honored with the Celtic Festival Imbolc.

http://www.clarelibrary.ie/eolas/coclare/history/calendar_festivals.htm

February 2

Groundhog Day: United States.

Treaty of Guadalupe Hidalgo (1848): Mexico. This treaty, which marked the end of the Mexican War,

established U.S. sovereignty over 1,193,061 square miles of formerly disputed or Mexican territory, including the present states of Texas, Arizona, California, & Utah, & parts of New Mexico, Colorado, & Wyoming.

🌿 **Winterlude: Ottawa – Gatineau.** Weekends Feb 2-18, 2007; the continent's largest winter festival, including a 4-mile-long skating "rink" on the Rideau Canal.

http://winterlude.ca/bins/ncc_web_content_page.asp?cid=16297-16298-22877&lang=1&bhpc=1

🕯️ **Candlemas: Christian.** This religious holiday originated with the ancient Jewish custom that required mothers to present their 1st male child in the temple. As a Jewish mother, Mary would have presented Jesus on February 2. The day is associated with light & purification. The holiday takes its name from the custom of blessing the church's supply of candles for the year on this date.

<http://en.wikipedia.org/wiki/Candlemas>

🌿 **Imbolc: Pagan & Wiccan.** Imbolc, which like all Pagan & Wiccan holidays begins at sundown on the day before, is a celebration of fire and light & the return of life. It is also the holy day of St. Brigid, the Goddess of fire, healing, & fertility. Wicca is the common term for many different traditions of Neo-Pagan nature religions that celebrate seasonal & life cycles & reveres a Goddess & a God. Most Wiccans celebrate 8 seasonal sabbats (days of rest) 4 of which are considered major: Imbolc, Beltaine (May 1st), Lughnasadh (Aug 1), & Samhain (November 1). The minor sabbats correspond to the 4 solstices. Pagan & Wiccan traditions have a long history preceding that of any of the major Western religions. Originating as agricultural festivals going back for thousands of years, many sabbat practices were incorporated into Roman, Greek, & other traditions & also found their way into subsequent Western religions. Pagans & Wiccans are not anti-Christ or in opposition to any religion. Their beliefs and practices focus on the earth's seasons and the natural cycles of the world. As such, they are largely pacifist in nature. Their only "rule" is to "harm none". They stress reverence for nature; belief in ecological principles & that the divine is in everything as well as that there are multiple deities & many different pathways to the divine, & acceptance of reincarnation. The circle with 5 points, "the Pentacle" is the most common symbol used in Wicca. Its 5 points symbolize Air, Fire, Water, Earth & Spirit, in the circle of eternity. Wiccans are found primarily in Britain, U.S.A., Canada, Australia, Germany & Holland.

February 3

🌿 **Gertrude Stein (1874–1946): Lesbian.**

Author. An avant-garde American writer whose Paris home became a salon for the leading artists & writers of the period between World Wars I & II, she attended Radcliffe College, studying psychology with the philosopher William James. After further study at Johns Hopkins medical school, she went to Paris where she lived with her lifelong companion, Alice B. Toklas. Stein was among the 1st collectors of



works by the Cubists & other experimental painters of the period, such as Pablo Picasso (who painted her portrait), Henri Matisse, & Georges Braque. These painters were introduced to expatriate American writers, such as Sherwood Anderson & Ernest Hemingway, & other visitors drawn by her literary reputation. Her 1st published book, *Three Lives* (1909), the stories of 3 working-class women, has been called a minor masterpiece. Her only book to reach a wide public was *The Autobiography of Alice B. Toklas* (1933), actually Stein's own autobiography. The performance in the US of her *Four Saints in Three Acts* (1934), which the composer Virgil Thomson had made into an opera, led to a triumphal American lecture tour in 1934–35.

🌿 **Elizabeth Blackwell (1821-1910): American.** 1st woman awarded a medical degree in U.S. (1849)— 1st female physician to practice medicine in U.S with a degree, abolitionist, woman's suffrage advocate.

http://en.wikipedia.org/wiki/Elizabeth_Blackwell

🌿 **Setsubun (Bean Scattering Festival): Japan.** This festival expresses everyone's desire for good health & good fortune in the new year. At home, children throw beans at the "devil" & shout "out with the devil, in with good luck." <http://www.web-holidays.com/calendar/february/0203a.htm>

🌿 **Heroes' Day: Mozambique.** Public Holiday.

🌿 **Ratification of 15th Amendment: US.** 1870, granting men the right to vote despite race, color or previous condition of servitude.

🌿 **T'u B'Shvat (two-bish-vat) (New Year of the Trees): Jewish.** Although a minor Jewish holiday, New Year of the Trees is widely celebrated—especially with a focus on children—as a time to renew the land and to plant trees.

Recognizing the Festival/Holiday: It is a custom to honor a person by having a tree planted in Israel in his or her name. One of many Web sites for information about this custom is <http://www.treesfortheholyland.com/>. <http://www.chabad.org/library/article.asp?AID=3264>

🌿 **Makha Bucha Day: Thailand.**

<http://www.sgtowns.com/mt-archives/000381.html>

🌿 **St. Anskar's Day.** Also known as Ansgar, Anschar, Ansharius, & Scharies is the Patron Saint of Denmark, Iceland, & Norway.

February 4

🌿 **Rosa Louise McCauley Parks (1913–2005): African American.** Was a civil rights activist & seamstress whom the U.S. Congress dubbed the "Mother of the Modern-Day Civil Rights Movement". Parks is famous for her refusal on December 1, 1955 to obey bus driver James Blake's demand that she relinquish her seat to a white passenger. Her subsequent arrest & trial for this act of civil disobedience triggered the Montgomery Bus Boycott, one of the largest & most successful mass movements against racial segregation in history, & launched Martin Luther King, Jr., one of the organizers of the boycott, to the forefront of the civil rights movement. Her role in American history earned her an iconic status in American

culture, & her actions have left an enduring legacy for civil rights movements around the world.

http://en.wikipedia.org/wiki/Rosa_Parks

🇵🇭 **Outbreak of Philippine revolt against the United States (1899): Philippines.** During the Spanish American War the US encouraged the Philippine people to organize an army of resistance against Spanish rule. When the treaty ending the war transferred control from Spain to the US, the rebel leader Emilio Aguinaldo called for the people to declare their independence. On February 4, they rose in armed insurrection. An American force of 700,000 men succeeded in ending organized resistance by the end of the year. However, many influential Americans denounced the government's policies.

🇨🇭 **Homstrom: Switzerland.** 1st Sunday in February A celebration of the end of winter. Observed by burning straw men which symbolizes the departing of Old Man Winter.

🇵🇹 **St. John de Brito's Day.** Patron of Portugal.

🌐 **World Cancer Day.** An annual event organized by the International Union Against Cancer (UICC). This year, UICC will use World Cancer Day to launch the World Cancer Campaign 2007-2008, entitled Today's children, tomorrow's world. The focus of the campaign is cancer prevention. <http://www.worldcancercampaign.org/>

February 5

🇲🇽 **Constitution Day: Mexico.** On this day in 1917 Mexico adopted its 1st constitution.

🇫🇮 **Runebergin päivä (Runeberg's Day): Finland.** Celebrates the birthday of the Finnish poet Johan Ludvig Runeberg (b.1804). Popular legend tells that J. L. Runeberg's wife, Fredrika created the tart that are nowadays nationally known as Runeberg's muffins which are eaten from the end of January until February 5th. http://www.itampere.info/forum/Finland/364304278094?portal_status_message=View%20mode%20has%20been%20changed.

🇺🇸 **Harvard University Semitic Museum,** the 1st of it's type in American, was formally opened today in 1903. Founded by a donation from Jacob Henry Schiff, it included Syrian, Arabic & Hebrew manuscripts.

February 6

🇯🇲 **Bob Marley (1945–1981): Jamaican.** Musician. Marley was the most influential star of reggae, a Jamaican form of popular music that draws on Afro-Caribbean dance & American soul music & was one of the 1st musical idioms from the Third World to become popular in Europe & the US. Reggae is associated with Rastafarianism, a faith founded by Marcus Garvey, whose adherents see the late Emperor Haile Selassie of Ethiopia as a divine figure & themselves as black Hebrews exiled in the Babylon of western colonial capitalism. Marley's intense, compelling presence & the stirring messages of his songs brought him the acclaim of international audiences



& influenced singers & songwriters throughout the Western Hemisphere, Europe, & Africa.

🇳🇿 **Waitangi Day: New Zealand.** This commemorates the signing of the Treaty of Waitangi in 1840 between the indigenous Maoris of New Zealand & the European colonists, providing for British sovereignty in exchange for guaranteed possession by the Maoris of their lands.

🇺🇸 **Young Women's Hebrew Association** was organized today in 1902 in New York City.

February 7

🇺🇸 **Eubie [James Hurbert] Blake (1883-1983): African-American.** Composer, pianist, Medal of Freedom recipient [*"Affectionate Dan"*].

http://www.spaziosgombro.org/eubie_blake.htm

🇬🇧 **Charles Dickens (1812-1870): English.** Social critic & novelist, he refused a political career saying his novels did society more good [*Oliver Twist, A Tale of Two Cities*].

<http://www.kirjasto.sci.fi/dickens.htm>

🇺🇸 **Sinclair Lewis (1885-1951): American.** Social critic, novelist, winner of the Nobel Peace Prize for Literature [*Elmer Gantry, Babbitt, Main Street*].

<http://www.kirjasto.sci.fi/slewis.htm>

🇺🇸 **21st Annual National Women & Girls in Sports Day.**

This year's theme is: **"Throw like a girl — Lead like a champion!"** NGWSD began in 1987 as a day to remember Olympic volleyball player Flo Hyman for her athletic achievements & her work to assure equality for women's sports. It is celebrated in all 50 states with community-based events, award ceremonies, & activities honoring the achievements & encouraging participation of girls & women in sports. Your support of the day will go a long way to increase visibility for female athletes & advance their struggle for equality in sports.

<http://www.aahperd.org/ngwsdcentral/>

February 8

🇮🇸 **Martin Buber (1878–1965): Jewish Austrian.**

Theologian. He developed a theology of Jewish existentialism that emphasized a strong personal relationship between God & the individual. His most famous work is *I and Thou*.

http://en.wikipedia.org/wiki/Martin_Buber

🇵🇭 **Constitution Day: Philippines.** This holiday commemorates the adoption of the Constitution of the Philippines in 1935.

🇺🇸 **Dawes General Allotment Act (1887): United States.** This law dissolved American Indian tribes as legal entities & divided formerly tribal lands among individual property owners. http://en.wikipedia.org/wiki/Dawes_Act

🇸🇮 **Prešernov dan, slovenski kulturni praznik (Culture Day): Slovenia.** The 8th day in February is the day to be "prešeren" (merry), this is the day Slovenia celebrates Culture Day in memory of its greatest poet, France Prešeren, & his far-reaching contribution to Slovenian culture. <http://slonews.sta.si/index.php?id=1892&s=72>

🌿 **Ha-Ri-Ku-Yo a/k/a Needle Mass: Japan.** Mass for Broken Needles, day of rest for needles; young women gather old & broken needles to dedicate them to the protecting deity, Awashima Myozin; no needlework is done; participation leads to a happy marriage.

February 9

🌿 **Alice Walker (1944-): African American.** Author & feminist who received the Pulitzer Prize for Fiction in 1983 for *The Color Purple*.

http://en.wikipedia.org/wiki/Alice_Walker

🌿 **St. Maroon's Day: Lebanon.** Public holiday.

February 10

🌿 **Boris Pasternak (1890-1960): Russian.** Poet, novelist, author [*Dr. Zhivago*].

🌿 **Ronald H. Brown** became the 1st African-American to chair a major political party (Democrats) today in 1989.

🌿 **Sending Off the Kitchen God Day (2/10-11):**

China. This festival is associated with the New Year. In traditional Chinese homes, a paper image represents a home deity that is thought to keep track of the deeds of the household for the year. On this day, the family burns the image, whose spirit is believed to go to heaven & report to the chief deity on the family's behavior during the past year. The chief deity then determines the fate of the family for the next year. To positively affect the report of the Kitchen God, the family may put honey or sticky candy over its mouth—some say, to make sure that it reports only sweet things; others say, so that it will not be able to speak at all. This holiday is also celebrated on February 11.

🌿 **Feast of St. Paul's Shipwreck: Malta.** On his return from the Holy Land in AD60, Saint Paul was shipwrecked on the island of Malta, as recorded in the Acts of the Apostles (unsupported by conclusive historic evidence, but do not repeat this out loud on the island!). Saint Paul is the Patron Saint of Malta & the anniversary of the shipwreck is now a public holiday, celebrated with church services. The day is a public holiday throughout the islands.

February 11

🌿 **Lydia Maria Child (1802-1880): American.** Abolitionist, journalist/publisher, author [*Over the River and Through the Woods*, *Brief History of the Condition of Women in Various Ages and Nations*].

🌿 **Kenkoku kinen no hi (National Foundation Day):**

Japan. This holiday celebrates the ascension to the throne of the 1st Japanese Emperor, Jimmu, & the founding of the Japanese nation in 660 B.C.E.

http://en.wikipedia.org/wiki/National_Foundation_Day

🌿 **Youth Day: Cameroon.**

🌿 **Independence Day: Vatican City.** On this day 3 treaties were signed with Italy, which, among other things, recognized the full sovereignty of the Vatican & established its territorial extent.

http://en.wikipedia.org/wiki/Vatican_City

<http://www.infoplease.com/ipa/A0108136.html>

🌿 **Anthesteria (Feast of Flowers) Ancient Greece.**

Anthesteria, one of the 4 Athenian festivals in honor of Dionysus, held annually for 3 days (11th-13th) in the month of Anthesterion (February-March). The object of the festival was to celebrate the maturing of the wine stored at the previous vintage, & the beginning of spring.
<http://www.web-holidays.com/calendar/february/0211.htm>

February 12

🌿 **Tadeusz (Thaddeus) Kosciuszko (1746-1817): Polish.** Soldier & statesman. As a colonel in the Continental Army during the American Revolution, Kosciuszko planned the fortifications that helped defeat the British at the battle of Saratoga. For his service to the cause of American independence, Congress awarded him American citizenship. After returning to Poland in 1784 & becoming a major general in the Polish army in 1789, Kosciuszko emerged as a military & political leader, pressing for democratic reforms in Polish government & society & leading Polish forces against Russian armies sent to suppress the Polish movement for independence in 1791 and again in 1794. After his final defeat in 1794, he spent the rest of his life in exile.

🌿 **Abraham Lincoln's Birthday: US.** 16th US President, enacted Emancipation Proclamation, pushed through the 13th Amendment to the Constitution abolishing slavery, wrote Gettysburg Address, his plan to give African-Americans the vote was cut short by his assassination in 1865.

<http://www.whitehouse.gov/history/presidents/al16.html>

🌿 **National Association for the Advancement of Colored People (NAACP),** an interracial group formed to fight all forms of racial discrimination, holds its 1st national conference on this date in 1909.

🌿 **Pyidaungzu nei (Union Day): Myanmar.** Anniversary of the Panglong Agreement in 1947.

<http://www.myanmar-embassy-tokyo.net/>

February 13

🌿 **National Day: Serbia.**

February 14

🌿 **Richard Allen (1760-1831): African American.** Minister. In 1787 Allen founded the African Methodist Episcopal Church to give African Americans the opportunity to worship in a setting free of racial discrimination. His Bethel Church in Philadelphia became a focal point of organized protest by African Americans against slavery and racial discrimination in the North.

<http://www.pbs.org/wgbh/aia/part3/3p97.html>

🌿 **Frederick Douglass (1817-1895): African American.** Writer, lecturer, editor, & civil rights activist. Born a slave, Frederick Augustus Bailey escaped at the age of 21, changed his name, & became a renowned campaigner for the abolition of slavery. After publishing his



autobiography in 1845, he made a lecture tour of England, where friends raised money to buy his freedom. Upon his return he founded a newspaper, the *North Star*. During the Civil War he urged President Lincoln to free the slaves & arm African Americans. After the war he held a variety of federal offices, including that of Minister to Haiti.

Masao Satow (1908–1977): Japanese American. Civic leader. Born in California to Japanese American parents, Satow joined the Japanese American Citizens League, an emerging national organization for persons of Japanese ancestry born in the US, in 1932. He became its national secretary in 1947, when the organization had only 2 chapters, both on the West Coast, & 3,100 members. At the end of his 25 years of leadership, the organization had 94 chapters across the nation & 27,000 members.

Mary Ann "Aunt Mary" Prout (1801-1884): African-American. Social activist, humanitarian, educator, founded a day school in 1830 and the Independent Order of St. Luke, a secret society created to help blacks with medical and burial costs.

V-Day. V-Day's mission is simple. It demands that the violence must end. It proclaims Valentine's Day as V-Day until the violence stops. When all women live in safety, no longer fearing violence or the threat of violence, then V-Day will be known as Victory Over Violence Day. It is a global movement to stop violence against women & girls. V-Day is a catalyst that promotes creative events to increase awareness, raise money & revitalize the spirit of existing anti-violence organizations. V-Day generates broader attention for the fight to stop violence against women & girls, including rape, battery, incest, female genital mutilation (FGM) & sexual slavery.

<http://www.vday.org/contents>

League of Women Voters was established by the National American Woman's Suffrage Association in 1920.

Read to Your Child Day: US.

Valentine's Day. The origins of this day are confused. There appear to have been 2 or 3 early Christian martyrs named Valentine. One was probably executed on February 14. One man named Valentine secretly married young sweethearts in opposition to the Roman Emperor Claudius' ban on marriage (a policy designed to prevent young men of military age from forming family ties). Another legend mentions flowers grown by Valentine & given to children. When Valentine was imprisoned the children remembered him by throwing nosegays and notes into his prison window. These were the original Valentine greetings.

www.theholidayspot.com/valentine

<http://www3.kumc.edu/diversity/other/valentin.html>

<http://www.holidays.net/amore/>

www.historychannel.com/exhibits/valentine

www.teachervision.com/lesson-plans/lesson-6673.html

Celebrating Valentine's Day Internationally:

[\[mag.com/internatl/holidays/valentines/day.htm\]\(http://mag.com/internatl/holidays/valentines/day.htm\)](http://www.topics-</p></div><div data-bbox=)



www.inside-mexico.com/SAN.htm

February 15

Susan B. Anthony (1820–1906): Suffragette. Leader of 19th century women's right movement; strategist; lecturer. Born in Adams, Massachusetts, she was a leader of the movement to gain women the right to vote. As a leader of the Women's Temperance Movement along with Elizabeth Cady Stanton, she secured the 1st laws in New York State giving women control over their children, property, & wages.

Lupercalia: Ancient Rome. This feast celebrated the founding of Rome, & was held in honor of the god Pan.

<http://www.ancient-rome.com/festivals.htm>

Kamakura Day: Japan. In northern Japan, children make little huts out of snow & ice every year for the *Snow Cave Festival*. On the eve of the festival, children lay on mats in their huts. They are kept warm by charcoal burning hibachis & eat soup & drink tea. They will also build an altar to the god of water. Most huts will seat 4 to 5 people & are lit with candles in the evening.

<http://www.ipl.org/div/kidspace/cquest/asia/jahol.html>

Nirvana (Buddha's Death): Buddhist. In the Mahāyāna Buddhist tradition, this day marks the death of Buddha in 483 B.C.E. and commemorates his attainment of final Nirvana. The date is based on the Japanese Buddhist calendar.

February 16

Randy Shilts (1952–1994): Gay. Author & journalist. The national correspondent for the *San Francisco Chronicle*, he was one of the 1st openly gay journalists hired at a major newspaper. His best-selling books include *The Mayor of Castro Street: The Life and Times of Harvey Milk* (1982), *And the Band Played On: Politics, People and the AIDS Epidemic* (1987), & *Conduct Unbecoming: Lesbians and Gays in the U.S. Military* (1993). *And the Band Played On* was made into a docudrama that was broadcast on HBO on September 11, 1993. *Band* has been translated into 7 languages & released in 16 nations. *Conduct Unbecoming* won numerous awards, earning Shilts the designation of Author of the Year in 1988 from the American Society of Journalists & Authors. This is the date of his death from AIDS.

Independence Day: Lithuania. In 1918 Lithuania declared its independence from Russia. However, in the aftermath of World War II, the Soviet Union absorbed Lithuania into the Union of Soviet Socialist Republics, & it was not until August 19, 1991 that Lithuania regained its independence.


Carnival: Haiti. (Mardi Gras, lasts a week though only one day is an official holiday.)

Kim Jong Il's Birthday: North Korea.


Maha Shivaratri (ma-ha-sheevah-rahtree) (Shiva's Night): Hindu. This festival honors Shiva who, along with Vishnu & Krishna, is one of the most important deities in Hinduism. It is observed in the spring & is celebrated with fasting, prayer, & meditation.

Recognizing the Festival/Holiday: Fasting is part of celebrating this holiday.

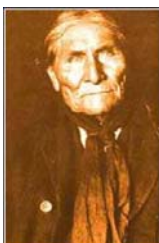
February 17

 **Marian Anderson (1902–1993): African American.** Singer. Gifted with a rich contralto that the conductor Arturo Toscanini called "the kind of voice heard once in a hundred years." Marian Anderson rose from modest beginnings in Philadelphia to become an internationally acclaimed concert artist, renowned for her interpretations of the classical repertoire & of African American spirituals. In 1955, thirty years after beginning her concert career, she became the 1st African American to sing a leading role at the Metropolitan Opera in New York City. Widely admired for her humane spirit, she served on the US delegation to the United Nations General Assembly in 1958.


<http://www.library.upenn.edu/exhibits/rbm/anderson/>
http://search.eb.com/women/articles/Anderson_Marian.html

 **Goyaale (Geronimo) (1829–1909): American Indian (Chiricahua Apache).**

Military leader. As chief of the Chiricahua Apache Indians, Geronimo escaped repeatedly from reservations & led attacks on settlers & soldiers in northern Mexico & the southwestern US during the late 1870s & early 1880s. He surrendered to U.S. government forces in 1885. This is the anniversary of his death.




http://college.hmco.com/history/readerscomp/naind/html/na_013300_geronimo.htm

 **Quirinalia: Ancient Rome.** Refers to the Festival of *Quirinus*, a mysterious god of Ancient Rome.

 **Fornacalia: Old Roman Bread festival.**


 **International Friendship Day: US.**

 **New Year (Losar): Tibet.** This begins the Tibetan lunar year 2134, the Year of the Boar, based on the Han solar-lunar calendar. The date of the new year sometimes corresponds to that of the Chinese new year, but at other times can be as much as a month or more later. This is a day of celebration that links all people in the Tibetan diaspora, resulting from the decision of many Tibetans, led by the Dalai Lama in 1959, to flee the Communist Chinese. The last 2 days of the old year, called *Gutor*, are spent in preparation for the new year. On the 1st day, every household hangs colorful new prayer flags, while houses are whitewashed & thoroughly cleaned, especially the kitchen. A special dumpling soup called *guthuk*, or "ninth soup," is made from nine different ingredients—sweet potato, rice, radishes, cheese, meat, wheat, peas, green peppers, & noodles. On the 2nd day of *Gutor*, Tibetans go to monasteries to make offerings. They decorate family altars with candies, fruits, & *khabsa*, homemade deep-fried dough twists. On New Year's Eve, the family eats the "ninth soup"—everyone must eat 9 bowls. The soup is served with dumplings containing various surprises hidden inside, such as salt, chilies, wool, & coal, each of which has a special meaning & gives one's fortune for the new

year. For example, salt signifies a virtuous year ahead, while chilies indicate that an angry, argumentative year is in store.

Then the ceremony of *Lu Yugpa* is held to banish evil spirits from the old year. At dawn on New Year's Day, Tibetans make offerings at the family shrine. Family members each receive a pinch of freshly made butter placed on their forehead, a plate of *khabsa twists*, & a cup of Tibetan butter tea thick enough to float a coin. They visit monasteries to pay homage to the Buddha & to make offerings of food and gifts to the monks & nuns, who burn fragrant juniper & cedar branches as incense offerings to the heavens. Then people celebrate with friends & family by feasting on rich holiday foods, drinking *chang*, homemade barley beer, & singing & dancing around huge bonfires at night. New Year's is the major celebration of the Tibetan calendar & revelries may continue for up to 2 weeks. Some devotees journey to the Jokhang Temple in Lhasa to donate yak butter to keep the temple lamps burning. At Barkor Plaza, sculptures of Buddhist deities made by the monks out of yak butter & roasted barley flour are on display, prior to their unveiling at the Butter Sculpture Festival, held on the day of the 1st full moon of the lunar year.

Recognizing the Festival/Holiday: The traditional New Year's greetings are "Happy Losar" & *Tashi Delek*.

 **New Year (Tet Nguyen Dan): Vietnam.** This is the most important holiday in Vietnam & begins the Vietnamese lunar year 4705 (The Year of the Boar). Officially a 3-day holiday, it is often celebrated for 7 or more days. The days before the new year are spent cleaning & painting homes, paying off debts, resolving differences between family & friends, & preparing 3 days' worth of special foods for the celebration. On the afternoon of New Year's Eve, the head of the family performs a ceremony to welcome back ancestors for the New Year's celebrations. Midnight on New Year's Eve, known as *Giao Thua*, is the most sacred time since it is the passage from the old year to the new. A special ceremony called *Le Tru Tich* is held, with drums, gongs, & firecrackers ushering out the spirits of the old year & welcoming the new. This ceremony also welcomes back the Kitchen God, who went to heaven to report on the household's behavior during the past year. On New Year's Day, people dress in their best clothes & visit a temple or pagoda to pray for good fortune & good health. The 1st visitor to a family's home on New Year's Day is very important, since he will influence the well-being of the family for the coming year. Apricot & peach blossoms in the home ensure longevity & ward off demons—it is especially auspicious if they bloom on the 1st morning of the new year. All Vietnamese become one year older on New Year's Day. Adults congratulate children on becoming a year older by giving them red envelopes containing money for good luck. A special New Year's treat is *banh chung*, or "earth cake," a square cake made of a mixture of glutinous rice, pork, & bean paste wrapped in banana leaves & boiled, all of the ingredients of which are


believed to keep the positive & the negative in harmony. In 2007, Vietnamese New Year falls one day earlier than Chinese New Year. The next time this will occur will be in the year 2030.

Recognizing the Festival/Holiday: An appropriate greeting is *Chuc Mung Nam Moi*, or "Happy New Year."


FOOD AND DRINK


The most famous Tet dish is called 7 styles of beef. The beef is cut, sliced, cubed, made into meatballs, barbecued, & so on; then all the different preparations are arranged on a large platter & served with salads, rice, noodles, & French-style bread rolls. Goi are also often served at Tet. These are rice wrappers presented on a big plate & surrounded by vegetables, herbs, & bean sprouts. Guests take a wrapper & add a lettuce leaf & whichever of the other items they like, roll it up, & dip it into a sauce made from peanuts & hoisin sauce.

February 18

 **Toni Morrison (February 18, 1931): African American.** One of the most prominent authors in world literature, having won the Nobel Prize in Literature in 1993 for her collected works and for being the 1st African-American to win the Nobel Prize for Literature. Several of her novels have taken their place in the canon of American literature, including *The Bluest Eye*, *Beloved* (winner of the Pulitzer Prize for Fiction), & *Song of Solomon*. Morrison's writings are notable for their epic themes, vivid dialogue, & richly detailed African American characters. In recent years, Morrison has published a number of children's books with her son, Slade Morrison.


http://en.wikipedia.org/wiki/Toni_Morrison

 **Sholom Aleichem (born Solomon Rabinowitz) (1854–1916): Jewish Russian American.** Writer. Born in Ukraine, Rabinowitz began writing in Yiddish in 1883, using as his pseudonym the Yiddish greeting "Peace be upon you." His best known works are his stories of Jewish life in the villages of Eastern Europe. Along with I. Peretz & Mende Sforim, he is considered one of the founders of modern Yiddish literature.

 **Audre Geraldine Lorde (1934–1992): Lesbian.** Poet & essayist. Audre Lorde was a Black lesbian who fought for justice through both her writings & her political activities. She held a number of teaching positions and toured internationally as a lecturer, forming coalitions between Afro-German & Afro-Dutch women, founding a sisterhood in South Africa, starting the Women of Color Press, and establishing the St. Croix Women's Coalition. Her poetry collections include *From a Land Where Other People Live* (1973), *The Black Unicorn* (1978), *Our Dead Behind Us* (1986), & *The Marvelous Arithmetics of Distance* (1993). She won the American Book Award in 1989 for *A Burst of Light* & was appointed New York State's Poet Laureate by then Governor Mario Cuomo in 1991. Lorde chronicled her 14-year battle against breast cancer in works such as *The Cancer Journals*, before finally succumbing to the disease in 1992.

http://www.britanica.com/women/articles/Lorde_Audre_Geraldine.html

http://www.english.uiuc.edu/maps/poets/g_l/lorde/lorde.htm

 **Luis Muñoz Marín (1898–1980): Puerto Rico.** Political leader. Elected Puerto Rico's 1st governor in 1948, Muñoz Marín served in that office until 1964, instituting programs of economic development & social reform. He also proposed a plan for maintaining Puerto Rico's union with the US while establishing the island as a self-governing unit exempt from U.S. taxes. This proposal became the basis for the Commonwealth of Puerto Rico, created by an act of Congress & proclaimed in 1952.

 **New Year (Gao Nian):** 岁次 2007 丁亥

China. This is the beginning of a 3-day celebration of the Chinese New Year, although traditionally the New Year celebration extends for 15 days until the Lantern Festival. The festivities mark the beginning of year 4705 (The Year of the Boar/Pig) since the mythical founding of the Chinese people. On New Year's Eve, the Kitchen God returns from heaven to the shrine prepared by each family, where he is welcomed back with firecrackers & offerings. New Year's Day is a day when all business accounts are settled & grudges forgotten. Traditional Chinese celebrate New Year's Day as a birthday & count themselves one year older. The Chinese celebrate by eating noodles to signify a long life & pork dumplings called *jiao zi*, which means "midnight" or "the end & the beginning of time." A Chinese coin is hidden in one of the dumplings, & the person who finds it will have good luck over the coming year. Children receive decorated red envelopes with good luck money inside. Celebrations include fireworks, a dragon dance & the beating of drums & cymbals, visits to temples, and prayers for blessings in the new year. This celebration is called "Spring Festival" in the People's Republic of China because the official New Year's Day is January 1, based on the Gregorian calendar.

Recognizing the Festival/Holiday: An appropriate greeting is "Happy New Year." In Chinese, the greeting is *Gung Hay Fat Choy* (Cantonese pronunciation), *Gungshi Shin Nien* (Mandarin pronunciation).

FOOD AND DRINK

The most important feast is on New Year's Eve. Cooking for it begins several days in advance because the feast includes a multitude of dishes. Typical things to buy include hams, dried ducks, & other meats because meat, rather than vegetables, is the focus of this luxury meal. Advance preparations are necessary because using knives or cleavers during the 1st days of the new year might "cut off" the family's luck, so food must be cut up before the holiday. The meal generally begins with snacks such as honeyed pork, lotus seeds, & other treats offered in a tray fitted with small dishes. This symbolizes the unity of many people in one family. The final dish is a soup, often prepared by an older relative. Again the many ingredients in one dish symbolize the family. Bright orange-colored fruits, such as kumquats & tangerines with the green

leaves still attached, are arranged in dishes on the table & in front of the household gods. Their golden color symbolizes joy. Celebrations continue for 3 days, with festive meals centered on meat dishes every day. The precise dishes chosen vary from region to region, but foods of symbolic significance are always included.

Northern Chinese

People from northern China make large numbers of *Jiao Zi* for the New Year's celebration. These are dumplings filled with chopped pork, cabbage, ginger, & scallions, which are served throughout the holiday season. (Further south similar dumplings are shaped as gold ingots called huan bao to symbolize wealth & good fortune.) The dumplings are served as a side dish with dipping sauces of vinegar & sesame oil or soy sauce, & small dishes of pickles, roasted peanuts, & hard-boiled eggs with crackled shells cooked for several hours in tea. When the eggs are served, shelled & cold, they are beautifully marbled with the tea. For the New Year's meal, northerners frequently cook one very large dish of fried pork rather than the many smaller dishes found further south. Another special dish northerners choose for this season is a Mongolian barbecue. This is a vessel of broth kept heated by a small charcoal or alcohol burner. Guests can pick up thin slices of beef, veal, pork, or mushrooms & dip them first in the boiling liquid, then in soy sauce. Although beef dishes are sometimes served in northern China, the favorite meat at New Year is pork. One celebratory way of eating it is to mix it with ginger, scallions, chopped bamboo shoots, & seasonings & form it into large meatballs, each weighing 3–4 ounces, which are then steamed between layers of Napa cabbage. These whoppers of the meatball world are called lion's head meatballs.



Taiwanese and southern Chinese

Long, thin foods such as noodles are eaten to symbolize long life. To cut them would shorten life, so they are twirled around chopsticks. Seafood, served as a whole fish and often cooked with ginger & scallions, is popular because the Chinese word for fish can also mean "early" & "coming son," predicting the birth of a boy. Other popular foods also derive from puns: candied kumquats, because part of their Chinese ideogram means "gold"; lotus seeds, because the name also means "many children"; dried oyster, which literally means "something good is about to happen."

The dinner dishes are many & are often served banquet style — one after the other — rather than home style — all at once. Expensive items such as shark's fin soup, bird's nest soup, & pickled jellyfish are served as a sign of status. Eight Precious Rice is a similar status dish. It is made from sweet glutinous rice studded with almonds, lotus seeds, dates, bean paste, & other sweet things. There are also New Year puddings made from sweetened rice flour & millet or from water chestnut paste. Slices of these are fried & served with jasmine tea. Rice is not offered with the meal, but is served at the end. In this polite tradition, the host implies that the food is poor; therefore the guests

need to fill up with rice. However, to accept it would be an insult, indicating there had not been enough good things to eat. Thus, the rice is always declined.

http://www.educ.uvic.ca/faculty/mroth/438/CHINA/chinese_new_year.html

New Year (Sol): South Korea. This begins the traditional Korean New Year 4340 of the era of Tan'gun, the mythical progenitor of the Korean people. The New Year's celebration is, along with Chusok, one of the two most important holidays in Korea. Officially a 3-day holiday, it is traditionally celebrated for 15 days until Taeborum. This is a time when families renew their ties & prepare for the year ahead. The day before New Year's is spent cleaning house & preparing special foods for the next day, such as fried meats, fish, dumplings, & *ttokkuk*, a rice-cake soup. Bamboo sticks are burned to cast off house demons. Early on New Year's morning, family members bathe & don *hanbok*, the traditional formal dress. They gather at the home of the eldest male family member for the *chare*, or offering to ancestors, in which the foods prepared the day before are arranged on a table altar & a ceremony to honor their ancestors is held. Then the younger generation offers New Year's greetings to their elders in a custom called *sebae*. The elders in turn give the children cakes, fruit, or money. Everyone then sits down to a family breakfast with the foods from the offering table. It is believed that eating the New Year's rice-cake soup, *ttokkuk*, makes a person one year older. All Koreans count themselves one year older on New Year's Day. Popular drinks include *shikhye*, rice punch, & *sujunggwa*, a concoction of persimmon & cinnamon. Favorite New Year's pastimes are kite-flying & top-spinning for boys, & see-sawing for girls, but the most popular entertainment is a New Year's game called *yut nore*, which involves throwing 4 sticks & advancing one's player on the board according to how the sticks land. *Yut nore* is played from New Year's Day until Taeborum.

Recognizing the Festival/Holiday: The New Year's greeting is *Say-hay boke mahn-he pah-du-say-oh*, which means "Many New Year's blessings to you."

FOOD AND DRINK

Koreans do not have ritual feasts at Sol; rather, each family or community celebrates in its own way. The most popular festival dish is *Bulgogi*, which is strips of lean beef marinated in soy sauce with ginger, garlic, & scallions. Often people cook their own meat on tabletop hotplates, but the dish can also be sautéed on an ordinary kitchen stove. Kimchi, the national dish, is also served, as it is at every meal. This pickle is made from Napa cabbage seasoned with onions, garlic, ginger, & chilies. Small dishes, called collectively *na mool*, are also served with *bulgogi*. They include variations on kimchi made with cucumber, beets, vinegar, soy sauce, & garlic, shredded daikon radish mixed with chilies & rice wine vinegar, & spinach or Swiss chard, boiled & tossed with chilies, scallions, sesame oil, & pine nuts or sesame seeds.

Chinese Spring Festival: Mauritius. Public Holiday.
http://mauritius.voyaz.com/cultural_festivals.htm

🌐 **Chief Leschi Day: Native American.** Was chief of the Nisqually tribe. http://en.wikipedia.org/wiki/Chief_Leschi

February 19

🌐 **Nicolaus Copernicus (1473-1543):** Polish. Astronomer, founder of modern astronomy.

🌐 **Beginning of Japanese internment (1942): United States.** On this date President Franklin D. Roosevelt issued an executive order requiring the removal of most persons of Japanese ancestry from the West Coast to internment camps in rural Arizona, Colorado, Arkansas, California, Idaho, Utah, & Wyoming. This act, a response to anti-Japanese feeling in the country after the attack on Pearl Harbor in December 1941, uprooted 120,000 people, including 71,000 U.S. citizens.

🌐 **Bun Day (Shrove Monday): Iceland.** Icelanders celebrate the Monday before Lent by feasting on cream buns. These delicacies are filled with jam & whipped cream, & often iced with melted chocolate. On Bun Day, children wake up early & try to catch their parents still in bed. If they do, they “strike” their parents with colorful handmade “bun wands,” or *bolludagsvöndur*, which are decorated with strips of paper & gleaming ribbon. Parents must then give their children one cream bun for every “blow” received. This custom is thought to have derived from the acts of penance performed during Lent, evolving over time into a lighthearted children’s game. *Bolla*, which means “bun,” also refers to other round foods eaten on this day, such as meatballs or fishballs (*fiskibollur*).

🌐 **Family Day: Canada (Alberta).**

🌐 **Heritage Day: Canada.** Celebrated in Canada on the 3rd Monday of every February. <http://www.calendar-updates.com/info/holidays/canada/heritage.aspx>
http://www.heritagecanada.org/eng/h_day.html

🌐 **Carnival: Luxemburg.**

🌐 **Great Lent begins: Coptic Orthodox Christian.** Also known as the Great Fast, this begins the Lenten season for the Coptic Orthodox Christians, who follow the Julian calendar. It starts with a pre-Lent fast of one week, followed by a 40-day fast commemorating Christ’s fasting on the mountain. The fast of Great Lent, which includes Sundays, officially ends on the Saturday before Holy Week, known as Lazarus Saturday, although fasting continues during Holy Week. During this time, no animal products, such as meat, poultry, fish, milk, eggs, or butter, are allowed. Moreover, no food or drink may be taken between sunrise and sunset.

🌐 **Beginning of Great Lent: Eastern Orthodox Christian.** Also known as Clean Monday in Greece & Green Monday in Cyprus, this begins the Lenten season based on the Julian calendar followed by Eastern Orthodox Christians. Eastern Orthodox Lent, known as Great Lent, includes Sundays & officially ends on Lazarus Saturday, the day before Palm Sunday, although fasting continues during Holy Week. While many people no longer fast for



40 days, most people observe the fast strictly for the 2 weeks preceding Easter. In Greece, a carnival season called *apokria* precedes the start of Lent. Apokria begins with a feast of roast kid or lamb, followed by 2 weeks of festivities including parades of masked figures. The 3rd week begins with *Tyrini*—Cheese Sunday—when cheese, a food forbidden during Lent, is eaten in pies. The following day is Clean Monday, & is a national holiday when many children appear in their Carnival costumes. The pastime of the day is flying special hexagonal kites decorated with geometric designs. Traditionally, all animal foods including fish are forbidden during Lent & some people also eschew oil. Vegetables & legumes are therefore the main Lenten foods of Greece, with a little shellfish—permitted because, unlike fin fish, it lacks blood. This day is a national holiday in Greece & Cyprus.

🌐 **Shrove Monday: Christian.** Christians in some countries customarily make treats to use up butter and eggs before the 40-day fast of Lent.

🌐 **Presidents Day: United States.** The birthdays of U.S. Presidents George Washington (Feb 22, 1732) & Abraham Lincoln (Feb 12, 1809) are observed on this day.

February 20

🌐 **Mardi Gras: US (AKA-Fat Tuesday).** A boisterous celebration held annually on Shrove Tuesday, the day before the season of Lent begins in the Western Christian liturgical calendar. The actual date varies from year to year since it depends on the date of Easter.

<http://www.satchmo.com/nolavl/mardigras.html>

<http://www.mardigras.com/>

🌐 **Bursting Day (Shrove Tuesday):**

Iceland. Traditionally the last day that people could eat meat before Lent, this is a day when Icelanders celebrate by eating *saltkjöt og baunir*, or salted meat & split pea soup, to the point of bursting.

🌐 **Shrove Tuesday (Mardi Gras): Christian.** Shrove Tuesday marks the final midwinter fling before Lent begins.

<http://www.eastjeffersonparish.com/culture/MARDIGRA/HISTORY/history.htm>

February 21

🌐 **Barbara Jordan (1936-1996): African American.**

Lawyer, politician, teacher. Born in Houston, Texas, Jordan graduated *magna cum laude* from Texas Southern University & Boston University Law School. In 1966, she was the 1st Black woman to be elected to the Texas State Senate. She later became the 1st woman & 1st African American elected to Congress from Texas.

🌐 **First publication of the Cherokee Phoenix (1828): American Indian.** In 1828 a system of symbols developed by Sequoyah to give written form to the Cherokee language made possible the publication of the *Cherokee Phoenix*, the 1st newspaper printed in an Indian language.

🌐 **Martyrs’ Day (Shaheed Dibash): Bangladesh.** Also known as Language Martyrs’ Day or National Mourning Day, this commemorates the lives sacrificed in the effort to

make Bengali (or Bangla) one of the national languages when Bangladesh was part of Pakistan. At the time, the West Pakistani regime was trying to force Urdu as the national language. On this day in 1952 a procession by Bengalis in Dhaka was shot at by police, resulting in the death of four martyrs. The nascent Bengali nationalism ultimately led to the creation of the nation of Bangladesh. This day was declared International Mother Language Day by Bangladesh and UNESCO on November 17, 1999.

🕊️**Ash Wednesday: Christian.** This marks the beginning of Lent, a 40-day period of prayer & fasting preceding Easter Sunday (February 21 to April 8, excluding Sundays). It is observed in memory of Jesus' 40 days of fasting in the desert. In the early centuries of Christianity, there were strict requirements for fasting during the period of preparation for Easter. Although these rules have been relaxed in the Western church, many Roman Catholics & Protestants choose to give up a favorite food or activity during Lent. There are many symbolic meanings to the use of ashes on this holiday. Generally, ashes symbolize death. The priest or minister's placing of ashes on one's forehead in the shape of a cross is part of the preparation for fasting & resistance to temptation by those observing Lent that ends in the symbolic renewal of life on Easter. The word *Lent* comes from Middle English *lenten* or *lente*, from the Old English *lencten* or *lengten*, meaning spring—the time of year when the days begin to lengthen.

February 22

🕊️**Santiago Iglesias (1872–1939): Spanish Puerto Rican.** Labor organizer & political leader. Iglesias 1st became involved in activities demanding civil rights for workers as a 12-year-old apprentice carpenter in his native Spain. Immigrating to Cuba 3 years later, he continued to organize laborers to demand better working conditions 1st there & then in Puerto Rico, where he rose to leadership of the Federación Libre de Trabajadores de Puerto Rico. He was the organization's president from 1900 to 1935. An active Socialist, he eventually entered electoral politics, serving in the Puerto Rican senate from 1917 to 1933 & as Puerto Rico's representative to the U.S. Congress from 1933 until his death.

🕊️**Zitkala-Sa (Gertrude Bonnin) (1876–1938): American Indian (Sioux).** Writer & Indian activist. Born in South Dakota to a full-blooded Sioux mother & a white father, Zitkala-Sa became an eloquent writer of essays & memoirs & a leader in the movement to advance the civic, educational, & economic opportunities of American Indians while recognizing and preserving American Indian cultures. As secretary of the Society of American Indians & then president of the National Council of American Indians, she lectured, wrote, & lobbied on behalf of Indian legislation, & was instrumental in the passage of the Indian Citizenship Bill of 1924.



http://college.hmco.com/english/lauter/heath/4e/students/author_pages/late_nineteenth/bonnin Zitkalasasioux_ge.html

🕊️**Edna St. Vincent Millay (1892–1950): American.** 1st woman to receive Pulitzer Prize for Poetry (1923).

http://en.wikipedia.org/wiki/Edna_St._Vincent_Millay

🕊️**Washington's Birthday: US.**

🕊️**People Power Day: Philippines.** This commemorates the overthrow of Ferdinand Marcos, who ruled the Philippines as a dictatorship from 1972 to 1986, by the democracy movement. This holiday is commonly celebrated from February 22 to February 25. It was on February 25 that Ferdinand Marcos left the Philippines & Corazon Aquino was recognized by the US as president.

February 23

🕊️**Claude Brown (1937–2003): African**

American. Writer. Claude Brown is best known for his book, "Manchild in the Promised Land" which became not only a best seller, but also a classical account of the migration of African Americans from the rural south to large urban areas such as New York City. The book paralleled Mr. Brown's life on the streets of Harlem. He later finished high school & graduated from Howard University, where his talent for authentic narrative was 1st discovered & he was encouraged to write the book that would make him famous.

🕊️**[William] E[dward] B[urkhardt] Du Bois (1868–1963): African American.** Writer & civil rights activist. Scholar, writer, & editor, he was the most important leader of the effort to secure basic civil & human rights for African Americans in the 1st half of the 20th century. Trained in sociology, history, & philosophy, he wrote a number of scholarly works about the social conditions of Blacks in America. The most famous of these, *The Souls of Black Folk*, was especially influential; it attacked Booker T. Washington's strategy of accommodation & urged a more activist approach to improving the conditions of Black Americans. He founded the Niagara Movement, an organization of Black intellectuals working for civil rights, in 1905, & in 1909 helped to found the National Association for the Advancement of Colored People. He edited the NAACP magazine *The Crisis* until 1934, when he resigned to devote his time to teaching & writing.

🕊️**Casimir Funk (1884–1967): Jewish Polish American.** Scientist. Funk discovered vitamins as well as making contributions to understanding sex hormones, hormone-vitamin balance, & cancer treatment. His work stimulated public interest in diseases caused by vitamin deficiencies.

🕊️**George Fredrick Handel (1685–1759): German.**

Baroque composer, wrote Messiah in 1742. <http://w3.rz-berlin.mpg.de/cmp/handel.html>

🕊️**Day of the Defenders: Russia.** Public holiday. Honors those who are presently serving in the Armed Forces & those who have served in the past. During the era of the Soviet Union, it was called Defender of the Motherland Day or the Day of the Soviet Army & Navy.

February 24

🕊️**Flag Day: Mexico.** Public holiday.

🌐 **1st magazine in a Native American language**, the *Siwinoṽe Kesibwi* ("The Shawnee Sun") was published on this date in 1835.

🌐 **Iseseisvuspäev (Independence Day): Estonia**. This is by law the most important holiday, commemorating the declaration of independence in 1918.

February 25

🌐 **Enrico Caruso (1873–1931): Italian American**. Opera singer. The most acclaimed operatic tenor of his time, Caruso was also the 1st great singer whose voice is preserved in recordings.

🌐 **Haing Ngor (1951–1996): Cambodian American**. Physician, actor. Haing Ngor arrived in the US after escaping imprisonment by the Khmer Rouge following the 1975 takeover of Cambodia by that party, & endured 4 years of torture & starvation. He had to conceal his medical training to escape, which he did after a Vietnamese invasion ousted the Khmer Rouge. He immigrated to the US in 1980 to resume his medical practice. In 1984, Ngor won the Academy Award for best supporting actor for his portrayal of Dith Pran in the movie *The Killing Fields*. Ngor was the 1st nonprofessional to win an Oscar for acting since Harold Russell in 1946 for *The Best Years of Our Lives*. He was shot to death outside his home on this date. He was 45 years old.

🌐 **José de San Martín (1778–1850): Argentina**. Soldier & statesman. With Simón Bolívar, San Martín led the movement of Spain's South American colonies to win their freedom from Spain. In 1811 he resigned from the Spanish army to organize the armed resistance to Spanish rule in the land of his birth, modern-day Argentina. He raised an army there & led it over the Andes to Chile, taking Santiago in 1817, & then organized a Chilean navy to transport the rebel army to Lima. There he proclaimed the establishment of a new country on July 28, 1821. Although he was made leader of the new nation, he came into political conflict with Bolívar and retired to France.

🌐 **National Day: Kuwait**. Also observed on February 26, this 2-day holiday marks the successful pushing back of Iraqi troops from Kuwait during the Gulf War in 1991.

🌐 **Edsa Revolution (People Power Day): Philippines**. Special non-working holiday; Commemorates 1986 EDSA Revolution.

February 26

🌐 **Levi Strauss (1829–1902): German**. Businessman, inventor of jeans from tent material.

http://en.wikipedia.org/wiki/Levi_Strauss

🌐 **Victor Hugo (1802–1885): French**. Author, explored concepts of justice & mercy [*Les Misérables*].

http://en.wikipedia.org/wiki/Victor_Hugo

🌐 **Intercalary Days: Baha'i**. The days from Feb 26 to Mar 1 adjust the Baha'i year, which consists of 19 months with 19 days each month, to the solar calendar. These days are observed with gift-giving, special acts of charity, & preparation for fasting that precedes the new year.

February 27

🌐 **Independence Day: Dominican Republic**. This day commemorates the retreat in 1844 of the Haitians who had controlled the country.

🌐 **Occupation of Wounded Knee (1973): American Indian**. On this date a group of American Indian activists began the occupation of Wounded Knee, South Dakota, site of the 1890 massacre that ended the Plains Indians wars, to demand reforms in tribal government. The occupation, which erupted into sporadic violence after armed federal marshals surrounded the area, continued until May 8 & brought increased national attention to the grievances of American Indians. http://www.freepeltier.org/wounded_knee.htm
http://www.argusleader.com/specialsections/2003/wounded_knee/



🌐 **Feb 12, 1922: US Supreme Court upholds the 19th Amendment to the Constitution which guarantees women the right to vote.**

February 28

🌐 **Mary Lyon (1797–1849): American**. Educator, founder & 1st president of the nation's 1st college for women Mount Holyoke College in 1837 at South Hadley, Massachusetts.



SAN BERNARDINO BLACK CULTURE FOUNDATION EVENTS FOR FEBRUARY

GOSPELFEST

SUNDAY FEBRUARY 11, 2007

NEW JERUSALEM CHURCH of GOD & CHRIST
1424 W. 21st ST.- SAN BERNARDINO
4:00 P.M. - 6:00 P.M.

MISS BLACK SAN BERNARDINO SCHOLARSHIP PAGEANT

SATURDAY JANUARY 27, 2007

STURGES CENTER FOR FINE ARTS -- 780
NORTH E STREET - SAN BERNARDINO
Tickets \$15.00 - 7:00 P.M.

FOR INFORMATION ABOUT OUR ORGANIZATION OR TICKETS TO ANY OF THE EVENTS PLEASE CONTACT US AT:

SBBCFOUNDATION@AOL.COM

OR (909) 888-1696

RECIPES

Chitterlings

- 5 pounds frozen chitterlings - thawed
- 5 cups water
- 2 stalks celery with leaves
- 2 large onions - chopped
- 2 bay leaves
- 1 clove garlic - minced
- 1/2 cup vinegar
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 red pepper peds, cut in pieces (optional)



Soak chitterlings in cold water for at least 6 hours. Cover pot. Drain. Strip as much fat as possible from each piece & wash thoroughly in cold water. Make sure it is entirely free of dirt. Cut into small pieces about 1 inch. Place in full pot of water with salt & pepper. Add other ingredients to the pot & cover. Cook over medium heat until tender about 2 1/2 or 3 hours. Serve w/vinegar or hot sauce. (Serves 4-6)

Dirty Rice

- 2 cups rice
- 1/2 pound chicken gizzards
- 1/2 pound chicken livers
- 1/2 pound ground beef
- 1 cup onions - chopped
- 1 green pepper - chopped
- 1/2 cup celery -chopped
- 2 cloves garlic - chopped
- 1 Tablespoon parsley - chopped
- 2 green onions - chopped
- dash of salt
- dash of pepper

Place gizzards & livers in pot & add water. Put the cover on the pot. Boil for 10 minutes. Add ground beef to skillet & mix well. Pour off oil & drain. Add chopped onions, garlic, celery, green peppers, green onions & parsley. Cook over medium heat 15 minutes. Remove livers & gizzards from water & chop well. Add to mixture. Stir well. Stir rice into mixture with salt & pepper. Pour into casserole dish or baking dish & heat in oven at 350 degrees F. for 15 minutes. (Serves 6-8)

Crab Cakes

- 2 cups crab meat - cooked
- 2 tablespoons butter or margarine -melted
- 1 small onion - chopped fine
- 2 eggs beaten
- 1/2 cup bread crumbs
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

1 cup vegetable oil for frying

Saute chopped onions in butter. In a bowl mix the crab, egg, onions, bread crumbs, butter or margarine, salt & pepper together. Shape into 8 patties. Fry in hot fat until golden brown for about 5 minutes. Drain on a paper towel. (Serves 4)

Jambalaya

- 1 pound smoked sausage - sliced
- 1/2 pound ham - diced
- 1 tablespoon oil
- 2 onions - chopped
- 1 green pepper - chopped
- 1/2 cup celery - chopped
- 1/2 cup green onions - chopped
- 1 can tomatoes (16 oz)
- 3 cups beef, chicken stock or water
- 2 cloves garlic - chopped
- 1 bay leaf
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- 2 cups rice -uncooked
- 1 pound shrimp, peeled and deveined

Heat oil in skillet. Fry the sausage & ham. Add onion, green pepper, green onions & celery & saute until tender or soft. Add tomatoes, stock or water to pot. Add garlic, bay leaf, pepper, salt & rice. Stir, bring to a boil - then reduce heat. Cover & simmer for 15 minutes. Add water if Jambalaya seems dry. Add shrimp, re-cover & cook 15 minutes longer. Mix well. (Serves 6-8).

Red Beans & Rice

- 2 cups red kidney beans
- 6 cups water - cold
- 1 large onion - chopped
- 1 green pepper -chopped
- 1/2 pound ham - cubed OR
- 1/2 pound smoked sausage - sliced
- 2 cloves garlic - chopped
- 1 bay leaf
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Wash beans in cold water. Drain beans & put in covered pot with cold water. Add ham or sausage to pot. Bring to boil slowly. Add chopped onions, garlic, green pepper, bay leaf, salt & pepper. Simmer for 2 hours stirring occasionally until beans are soft. Mash some of the beans against the side of the pot to make a creamy sauce. Serve with rice. (Serves 6)

Corn Pudding

- 1 can cream style corn (17 oz)
- 1/3 sugar
- 1 small can evaporated milk

1 tsp vanilla
 1 1/2 tbsp flour
 2 eggs
 dash of salt
 1/2 stick of butter
 Mix ingredients & bake until firm until 350 degrees.

Candied Sweet Potatoes

2 large yams or sweet potatoes - fresh or canned
 4 tablespoons butter or margarine
 1/2 cup sugar
 1/2 cup brown sugar
 1/2 cup water
 1/4 teaspoon salt
 1/2 teaspoon nutmeg
 1 teaspoon cinnamon

Preheat oven to 425 degrees F. Peel & cut potatoes in 1/4 to 1/2 inch slices. Place potatoes in casserole pan. Cut butter or margarine into small pieces. Put butter or margarine on top of potatoes. Sprinkle the remaining ingredients over the potatoes. Bake uncovered in the oven for approximately 1 hour. (Serves 4).

Succotash

1 cup corn (frozen or canned) - cooked
 1 cup lima beans (frozen or canned) - cooked
 1/2 teaspoon salt
 2 tablespoons margarine
 Dash of pepper

Combine corn & lima beans in pot. Add salt, pepper & margarine. Heat slowly over low heat for 10 minutes.

Hominy Grits

1 cup grits
 1 teaspoon salt
 4 cups water
 3 tablespoons butter or margarine

Bring water to a boil. Add salt. Slowly stir in grits. Stir constantly to prevent lumping. Reduce heat & cover for 10 minutes. Serve hot with butter. (Serves 4)

Corn Pone

1 cup flour
 1 cup yellow cornmeal
 1/2 teaspoon salt
 1 egg
 1 cup milk (or use water)
 2 teaspoons baking powder

Heat skillet, add 1 1/2 tablespoons cooking oil until hot enough that a drop of batter bubbles immediately. Mix flour, cornmeal, salt, egg, & milk or water until smooth with no lumps. Place a spoonful in 4 or 5 places in a hot

skillet. Let brown, then turn over like a pancake & brown on the other side. Serve with butter & honey.

Cornbread

1 1/2 cups cornmeal
 3/4 cup flour
 2 1/2 teaspoons baking powder
 1/2 teaspoon salt
 1 1/4 cups buttermilk
 2 eggs
 2 tablespoons oil

Grease a 9-inch pan with oil. Mix all ingredients in a bowl. Pour mixture into the pan & bake in the oven at 425 degrees for 18 minutes.

Sweet Potato Pie

2 cups cooked mashed sweet potatoes
 1 1/3 cups sugar (brown or white)
 1 teaspoon vanilla extract
 1 teaspoon lemon extract
 1 teaspoon cinnamon
 1/2 teaspoon nutmeg
 3 eggs
 1/2 cup milk or half-and-half
 3/4 stick of butter



Peel & cube sweet potatoes. Mash potatoes with all the above ingredients. Beat with mixer on medium speed until smooth (or you can mix it by hand until smooth). Place in pie shell. Bake at 350 degrees for about an hour, or until firm when touched in the middle.

Bread Pudding

Years ago, people could not afford to throw anything away. If they had a lot of leftover old bread (that was made w/flour, not cornmeal), they would crumble & save it & they used the stale bread to make this delicious dessert.

4 cups dried bread crumbs
 2 eggs beaten
 2 cups milk
 1/2 cup sugar
 1/2 teaspoon vanilla
 1/8 teaspoon cinnamon
 1/8 teaspoon nutmeg
 2 tablespoons butter
 1 1/2 cups raisins

Mix all the above ingredients. Place in 350 degree oven. Bake for 45 minutes, or until the center is firm to the touch. Can be served hot or cold.

Cream Cheese Pound Cake

3 sticks of butter
 1 8oz pkg cream cheese
 6 eggs
 3 cups sugar

3 cups of flour
1 tsp lemon or vanilla extract

Cream the butter & cream cheese together with an electric mixer until well blended. Add 1 cup of sugar & blend well. Add 1 egg & blend well. Alternate 1 cup sugar & 1 egg until sugar is depleted. Add 1 cup of flour, blend well. Add 1 egg & alternate flour with egg until flour is depleted. Add extract & blend well. Pour into a greased and floured tube pan & bake in a pre-heated 325 degree oven for 1 hour & 25 minutes. Ice with lemon glaze.

LEMON GLAZE

About 2 cups of confectioners sugar
1 tbsp butter melted
milk
3 tbsp lemon juice
(all of these measurements are approximate)

Mix these ingredients until smooth & the consistency of a glaze (thicker than regular milk, but as thick as Eagle sweetened condensed milk) Pour over the cake.

Liebkuhen (Honey Cakes)

1 cup margarine
1 cup sugar
1 egg
1 cup honey
1 cup sour milk* (see below)
2 Tablespoons vinegar
6 cup flour
1 1/2 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon ground ginger
1/2 teaspoon mace
1 Tablespoon ground cinnamon
Prepare sour milk & mix dry ingredients. Set both aside. Cream margarine & sugar, add egg, beat until light. Add honey, sour milk & vinegar. Mix thoroughly. Chill 1 hour. Roll out to 1/4" thickness. Cut into 2"x3" rectangles & place on buttered cookie sheets. Bake at 375° for 6 minutes. Frost with plain vanilla frosting.
* For sour milk, add 1 T. vinegar to 1 c. milk & let stand for 10 minutes.

Runeberg's Muffins

(20-25 muffins)

Ingredients: - 200 g margarine or butter - 2 dl sugar - 2 eggs - 2 dl wheat flour - 1 tsp baking powder - 1 tsp ground cardamom - 2 dl sweet bread crumbs (e.g. crumbled biscuits) - 2 dl ground almonds (appr. 80 g) - 1 dl single cream - solid raspberry jam
To moisten: - 2 dl water - 1 dl sugar - 2-3 tbsp arrack liqueur or rum
Topping: solid raspberry jam or marmalade
Icing: - 1 dl icing sugar - 2 tsp water or lemon juice
Preheat the oven to 200° C.

Grind the almonds & combine them with the breadcrumbs. Cream the butter or margarine & sugar together. Add one egg at a time, beating the mixture well after each egg. Combine the flour & baking powder & stir into the mixture. Add the cardamom, breadcrumbs & almonds & finally the cream. Mix lightly but do not unnecessarily stir the mixture. Grease a muffin mould & put an equal amount of the mixture into the hollows. Leave room for the mixture to raise in the hollows. Using a floured fingertip, press a hole in the middle of each muffin. Place about half a teaspoonful of jam or marmalade on each muffin. Bake in the middle of the oven for about 15 minutes. Boil the water & melt the sugar in it. Flavour with the alcohol. Moisten the baked muffins with the liquid. When the muffins are still hot, add another half a teaspoonful of jam in the middle. Let the muffins cool. Combine the icing sugar & water or lemon juice in a small bowl. Pour the liquid icing around the jam. Enjoy!

Victorian Gingerbread Valentines

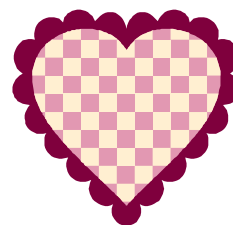
In Victorian times lovers declared their affections via words, songs, pictures & foods. One such food was gingerbread "life cakes" in the shape of hearts.

2 1/2 cups unsifted flour
2 teaspoons cinnamon
1 1/2 teaspoons ginger
1/2 teaspoon ground cloves
1/4 teaspoon salt
1/2 cup margarine
1/2 cup packed dark brown sugar
1/3 cup dark corn syrup
1 large egg

In large bowl, sift together flour, cinnamon, ginger, cloves & salt.

Blend together margarine & brown sugar until smooth. Add corn syrup & egg; beat well. Add dry ingredients, about 1/3 at a time, mixing until smooth after each addition. Chill dough one hour.

Roll out half of dough on lightly floured surface to one-quarter-inch thickness. (Reserve other half for decorations or for a 2nd batch of cookies.) Using heart-shaped cookie cutter, press out cookie shapes or use knife to cut around a pattern. Place hearts on cookie sheet. Decorate as desired. Bake at 350 degrees for 15 to 20 minutes until golden. Remove & place on wire racks to cool. Store in covered container. Makes about eight 4 1/2 inch cookies.



Jiao Zi

These pan-fried dumplings are a Chinese New Year specialty.

1 small head salted squeezed Napa cabbage, chopped
1 pound ground chicken thighs
1 1/2 teaspoons cornstarch
3 teaspoons sesame oil
1 1/2 teaspoons salt
1 tablespoon rice wine or dry sherry
2 teaspoons thin soy sauce

- 1 teaspoon sugar
- 2 cups chopped scallion greens
- 4 tablespoons chicken stock
- 1 tablespoon ginger
- round wonton wrappers
- canola or peanut oil for frying



Mix all ingredients except the wrappers in a large bowl. Take a tablespoon of filling & put it in center of wrapper. Brush the rest of the wrapper with a wet pastry brush. Fold it over the filling & with your fingers pleat & overlap the 2 edges to seal. Keep covered with plastic wrap or a towel until all the dumplings are assembled. Poach in a pot of boiling water for a couple of minutes. Remove & sprinkle with a little oil to prevent them from sticking. To fry them, pour a little oil into a frying pan; when the oil is very hot, put the dumplings in the pan & fry until golden brown on one side. Turn & fry until the other side is golden. (They cook quickly—about 1 minute per side.) Serves 6-8. For a dipping sauce, mix a tbs of chopped, fresh ginger with ½ cup thin soy sauce & 1 tbs sesame oil.

Whole Fish with Mushroom & Ginger Sauce

To the Chinese, a whole fish symbolizes prosperity. The fish must be served whole to symbolize plenty, & when the diners have eaten one side, they must not turn the fish over to reach the underside -- that would be turning good fortune away-- they must lift out the bone to reach the flesh below. This recipe comes with an easy sweet & sour ginger sauce.

For the fish:

- 1 whole sea bass or other fish weighing about 2-2 1/2 pounds
- 3 tablespoons rice wine or dry sherry
- 1 tablespoon minced fresh ginger
- 2 cloves garlic, minced
- 2 tablespoons cornstarch
- ½ teaspoon salt
- 1 tablespoon oil plus more oil for frying
- 2 scallions, chopped

For the mushroom and ginger sauce:

- 4 shiitake mushrooms, thinly sliced
- 3 tablespoons finely chopped scallions
- 1/3 cup white vinegar
- 1 teaspoon hot bean paste or pinch red pepper flakes
- 2 tablespoons soy sauce
- ½ cup pickled ginger coarsely chopped
- 1/3 cup sugar
- 1 tablespoon cornstarch

Make the sauce first. (You can make it a day ahead if you like, & reheat immediately before serving). Put the mushrooms, scallions, vinegar, hot bean paste or red pepper flakes, soy sauce, pickled ginger & sugar in a saucepan with 1 cup of water. Simmer for 5 minutes. Meanwhile, stir the cornstarch with 2 tablespoons of water to make a smooth paste. Stir in about 1/3 cup of the hot

liquid from the pan. Off the heat, add the cornstarch mixture to mushroom-ginger mixture. Return to the heat & stir until it comes back to the boil & thickens. Set aside. To prepare the fish, wash it inside & out, & scrape from the head towards the tail with a knife to remove any remaining scales. Make cuts about 1 1/2 inches apart, slashing from the skin down to the bone on both sides of the fish. Put the fish in a shallow dish. Mix the rice wine or sherry with the ginger & garlic & pour over the fish. Marinate for 30 minutes, basting with the liquid so the flavorings penetrate into the slashes. Remove the fish & pat dry. Mix the cornstarch & salt with a tablespoon of oil & 1/2 cup of water in a shallow dish. Place the fish in this mixture & turn it over so it is lightly coated. In a large frying pan pour enough oil to come 1/2 & inch up the sides of the pan. Heat over high heat until ripply. Taking care to protect your hands with oven mitts & standing out of range of spatters, gently place the fish in the oil. Let it cook on one side for 2 minutes, then using a broad spatula or fish slice, turn it over & immediately lower the heat. Continue cooking for another 6-7 minutes, or until the flesh of the fish is white & opaque.

While the fish is cooking, reheat the mushroom-ginger sauce. As soon as the fish is ready, transfer to a warm serving dish & spoon the sauce over it. Garnish with the scallions & serve immediately.

Pork, Shrimp and Spinach with Noodles

At Chinese New Year, long foods symbolize long life, so long noodles are always served. This dish could accompany the fish in the preceding recipe.

- 12 ounces linguine or other long noodles
- 1 tablespoon salt
- 1 teaspoon cornstarch
- 3 tablespoons soy sauce plus more to taste
- 1/3 cup rice wine or dry sherry
- 4 tablespoons chopped scallions
- 1 teaspoon minced ginger
- 1 garlic clove, chopped
- 2 center cut pork chops, about 8-10 ounces
- 2 stalks celery
- 1 small onion, chopped
- 2 peeled carrots
- 1 8-ounce can sliced water chestnuts
- ¼ pound cooked shrimp
- 6-8 cups, loosely packed, baby spinach leaves
- 2 tablespoons sesame oil or other vegetable oil



Bring a large pan with 4 quarts of water to a boil. Add the salt & drop in the linguine or other noodles, & cook according to package directions until they are tender but not soggy. Drain them. Cover them with cold water, swishing them around so they don't stick together. Drain again & set aside.

In a bowl, stir the cornstarch & soy sauce together. When smooth, add the rice wine or sherry, half the scallions, ginger & garlic. Stir in a cup of water. Cut the meat from the pork chops into 1/8-inch slices then cut the other way so you have 1/8-inch strips. Stir these into the soy-sauce

mixture in the bowl. Cut the celery into 1/8-inch strips and make a pile of them on a plate. Pile the chopped onion nearby. Using a peeler, cut the carrot into long thin strips; halve them & make a pile of them on the plate. Slice the water chestnuts if necessary & pile them on the plate. Add the shrimp to the plate. Wash the spinach & place it nearby. Heat the oil in a large saute pan, & stir in the pile of chopped onion & the garlic. A minute later dump in the pork mixture & celery & stir it round for about 30 seconds. Now add the carrots & water chestnuts, stir for another minute or 2 and then add the shrimp & spinach.

Bulgogi

This is the festive national dish of Korea: a good choice for New Year. Often it is cooked at the table on small grills. Kimchi, a spicy pickled cabbage, always accompanies it.

- 2 tablespoons dark soy sauce
- 1 tablespoon light soy sauce
- 4 tablespoons sugar
- 1 bunch (about 8) scallions, white and tender green parts, coarsely chopped
- 1 2-inch piece fresh ginger, peeled and grated
- 2-6 cloves garlic, minced
- 2 tablespoons cooking rice wine
- 5 tablespoons sesame oil
- 2 pounds beef tenderloin, sliced as thin as possible

Thoroughly mix all the ingredients except the sliced beef & half the sesame oil. Add the beef & let it sit in the marinade for an hour. Heat the remaining oil in a large frying pan. Put the pieces of beef in a few at a time & sear on both sides for about 1 minute per side. Serves 6-8.

English Pancakes

In medieval times churches in England used to ring a bell to remind people to come to church to shrieve themselves – confess their sins & be absolved -- before the beginning of Lent. Afterwards, they reveled in pancakes made with the last eggs & butter until Easter Sunday, when the 40-day fast ended. In England today, few people observe the Lenten fast, but almost everybody makes pancakes on Shrove Tuesday, which is commonly called Pancake Tuesday. Some villages still hold traditional pancake races in which contestants must toss pancakes while they run along the course. The pancakes are invariably served with lemon juice & sugar.

- 1 cup flour
- pinch salt
- 1 egg, lightly beaten
- 2 cups (approximately) milk
- about 3 tablespoons melted butter, lard or oil
- granulated sugar for serving
- 2 lemons cut in half for serving

Mix the flour & salt in a large bowl and make a well in the center. Add the beaten egg and about half a cup of milk. Gradually stir the flour into the liquid ingredients, adding



more milk as you go until you have a smooth batter thin batter the consistency of light cream. Whisk with an egg whisk until a little frothy and let it stand covered for half an hour (or longer if that's more convenient.) To make the pancakes, choose a heavy-bottomed frying pan that does not stick. Grease it with a little of the butter, lard or oil and let it slowly get very hot over moderate heat. Wipe the pan out with plenty of paper towel. Return to the heat & pour in a portion of the batter – no more than 1/4 cup – swirling it quickly round the pan so that it covers the base & begins to set almost immediately. As this happens, lift the drying edge with a spatula. When the surface is completely dry – 1-2 minutes – flip the pancake over & cook the other side for a minute. Slide the pancake onto a plate. Let whoever is going to eat it sprinkle it with teaspoon or so of sugar & a squeeze of lemon juice, then roll it up & eat it. Pancakes are best eaten fresh from the pan, so have everybody sitting around ready & waiting & serve each person in turn. Makes about 10 pancakes.

Finnish Shrove Tuesday Buns

- 1 package active dry yeast
- 1/4 cup warm water
- 1 cup warm milk
- 1 cup sugar
- 1 teaspoon salt
- 2 eggs
- 3/4 cup softened butter
- 5-6 cups flour

For the glaze and filling:

- 1 egg, beaten
- 1/2 cup flaked almonds
- 2 7-ounce cans almond paste
- 1 cup whipping cream
- 3 tablespoons confectioners' sugar

In a large bowl, dissolve the yeast in the warm water & let stand for 5 minutes. Add the milk, sugar, salt, & eggs. Add the butter & 2 cups of flour & beat until the batter is smooth & satiny. Add more flour a little at a time until the dough will not absorb any more. Let rest for 15 minutes, then knead until smooth & satiny again. Wash the bowl, grease it, form the dough into a ball, cover with plastic wrap, and let rise in a draft-free spot until doubled in bulk. Divide the dough into about 24 pieces, form them into balls, & place on a greased baking sheet. Cover lightly and let rise until doubled and puffy. Preheat the oven to 400°F. Brush the buns with the beaten egg & toss a few flaked almonds on each bun. Bake for 12 minutes. Cool.

To serve, slice the cap off each bun & scoop out some of the soft center. Fill the space with almond paste. Whip the cream & pile some in each bun. Lightly replace the lid & dust with confectioners' sugar.

Fiskibollur – Traditional Icelandic fish balls

- 1 large fillet white fish (cod, haddock or saithe are traditional), skinned & de-boned
- 1 medium onion

150 ml. flour
50 ml. potato flour
1 1/2 tsp. salt
2 eggs
as needed--milk

Finely chop or grind the fish fillet & onion. Mix together in a bowl (or just throw both ingredients into a food processor & let it do the work). Add the dry ingredients, mixing well. Add the eggs & then the milk (the fish-dough should be just thick enough to stick together when you form it into balls). Form small balls with 2 tablespoons or use your hands. Fry in oil or butter over low heat, until done. Serve with fresh salad & boiled potatoes. Ketchup also goes well with fish-balls.

-If you must have some sauce on your fish-balls, serve with melted butter, brown gravy or cocktail sauce, or make pink sauce.

These are two ways to make pink sauce:

- 1. Make basic white sauce & add ketchup until it turns pink. Serve with fish-balls.
- 2. When the fish balls are just about done, add 250 ml. water to the pan. Take 1 1/2 tblsp. flour & 100 ml. water or milk & mix into a smooth paste. When the water on the frying pan boils, add the flour paste. Add 1 tsp. fish stock powder & 50 ml. ketchup or tomato sauce. Cook for 5 minutes.

Make white sauce:

50 gr. margarine/butter
50 gr. flour
750 ml. milk

Melt the margarine/butter over medium heat. Stir the flour into it, until smooth & thick. Continue stirring & add a small amount of milk. When the mixture boils, add more milk. Repeat this process until all the milk is used up.

Kokkteilsósa - Cocktail sauce

Take 200 gr. sour cream, or 100 gr. sour cream & 100 gr. mayonnaise. Stir until smooth. If you are using both mayo & cream, stir separately & then mix--Important it will help you avoid lumps in the sauce. Add approx. 3 tblsp.

ketchup. Finally, add 1/2-1 tsp. sweet mustard. You can make cocktail sauce in a blender, in which case you just dump everything in at once & mix on high until smooth.

-When using with fish, you can mix in a little garlic to add bite to the sauce. Use either powdered or fresh garlic (finely chopped or crushed).

Feta Pie with Leeks


Greeks make many sorts of cheese pies, especially in the weeks before Lent when it is traditional to use up rich foods. This pie is easy because it forms its own crust as it cooks.

5 medium leeks
3 tablespoons olive oil
3/4 cup whole wheat flour
1 teaspoon salt
pepper to taste
4 eggs, beaten


1 cup milk
3/4 pound feta cheese, crumbled


Preheat the oven to 375°F. Strip all the coarse outer leaves & the tops from the leeks. Wash them, then slice the white and tender green parts into 1/2-inch discs. In a frying pan, heat the oil over a medium burner & sauté the leeks in it for 5–6 minutes or until they are slightly tender. Do not let them take more than a little color. In a mixing bowl, combine the flour, salt, & pepper & make a well in the center into which you pour the beaten eggs & milk. Whisk until smooth—about 1 minute—then stir in the crumbled feta & leeks. Grease a 9-inch quiche dish or pie pan with olive oil, then pour in the mixture. Bake for 45–50 minutes or until a knife blade inserted in the center comes out clean. This pie can be served warm or cold. If serving warm let it rest for 5–10 minutes before cutting it. Serves 6.

March 2007

 **National Women's History Month.** This was established by presidential proclamation to draw attention to & rectify the limited focus on women in historical studies. The theme for National Women's History Month, March 2007 is ***Generations of Women Moving History Forward***. For educational materials, contact the National Women's History Project: 3343 Industrial Drive, Suite #4; Santa Rosa, CA 95403.


<http://www.nwhp.org/>

 **Irish American Heritage Month.** In 1995, Congress proclaimed March as a month to recognize the contributions of Irish Americans to the United States. <http://www.iaci-usa.org/>
http://www.searchnoodle.com/rd/results/rdq_irish_culture/www.irishcultureandcustoms.com/search4it.html

 **International Women's Day (March 8th).** The United Nations declared this day to celebrate women & the accomplishments they have made to society. It is also designated as a national holiday in many countries. It is traditional on this holiday to present women with gifts and flowers to express appreciation for their work, love & devotion.

<http://www.un.org/ecosocdev/geninfo/women/womday97.htm>

http://en.wikipedia.org/wiki/International_Women's_Day


 **Brain Awareness Week (Mar 12th-18th):**

Brain Awareness Week (BAW) is a series of events held around the world to increase public awareness about the brain. **Contact Us:** Phone: (202) 962-4000

Fax: (202) 962-4941 E-mail: baw@sfn.org

<http://web.sfn.org/baw/>

<http://faculty.washington.edu/chudler/baw.html>

 **National Inhalants & Poisons Awareness Week (18th-24th):** An annual media-based, community-level program that takes place the 3rd week in March. NIPAW is designed to increase understanding about the use & risks of inhalant involvement. <http://www.inhalants.org/>



Message from the Outreach Sub-Committee

If your clinic or agency plans to have a celebration for this month's events, please advise one of the members of the subcommittee so that we may maintain a record. In addition, we will have information regarding your event broadcast to the entire department. If you would like specific information on a given occasion please contact Minette O'Bryan.

We are confident that many of you will take the opportunity to celebrate this month's cultural events and look forward to hearing from you. Thank you.

Outreach Sub-Committee Members:

Myriam Aragon	854-3448
Minette O'Bryan	421-9260
Lynn Neuenswander	387-7706
Isaac Jackson	387-7783
Denise Byrd	421-9390

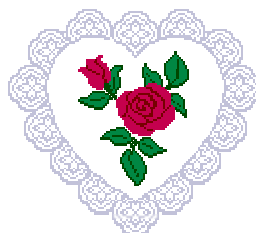
Let's Say Thanks to the Troops: The Xerox Corporation is helping people across the nation express their gratitude to our troops overseas with **FREE** postcards created at their Let's Say Thanks website which are printed out & included in care packages sent to the troops by www.Give2TheTroops.org.
<http://www.letsaythanks.com/Home.html>



SUPPORT OUR TROOPS!



Treats For Troops: Send care packages to service members or register a loved one with our Foster-A-Soldier Program. Visit www.treatsfortroops.com



How to say I Love You Around the Globe:

Wo ai ni (Mandarin)
Ngo oi ney (Cantonese)
Saya cinta padamu (Indonesian)
Ai shite imasu (Japanese)
Yo te amo/Te quiero (Spanish)
Ich liebe Dich (Germany)
Je t'aime (French)
Na nun tangshinul sarang hamnida (Korean)
Ya tyebya lyublyu (Russian)
Ti amo/Ti voglio bene (Italian)
Eu te amo (Portuguese)
Seni seviyorum (Turkish)
Pom rak khun (Thai)
T'estimo, t'esteme molt (Catalan)
Nimitztlaco'tla (Aztec)
Kykeyum (Cherokee)
Miluji vas (Czech)
Eg elskar dig (Danish)
Anna bahebek (Egyptian)
Nagligivaget (Eskimo)
Mo ghradh thu (Gaelic)
Thaim in grabh leat (Irish)
Sas agapo (Greek)
Aloha wau ia oe (Hawaiian)
Ego te amo (Latin)
Konoronhkwa (Mohawk)
Askeketem (Persian)
Ja cie kocham (Polish)
O te alofa ya te oe (Samoan)
Techi 'hila (Sioux)
Mimi nakupenda (Swahili)
Ngi ya thandela wena (Zulu)
Mandi komova (Gypsy/Romany)
Ne-mehotatse (Cheyenne)
Ami tomake bhalo basi (Bengali)



Black History Month

"Freedom is never given; it is won."
-A. Philip Randolph



We should emphasize not Negro History, but the Negro in history. What we need is not a history of selected races or nations, but the history of the world void of national bias, race hate, and religious prejudice.

Carter Woodson (1875-1950)
on founding Negro History Week, 1926

Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise
I rise
I rise.

Maya Angelou (1928-)
"Still I rise," *And Still I Rise* (1978)



It is a peculiar sensation, this double-consciousness, this sense of always looking at one's self through the eyes of others. . . . One ever feels his twoness,—an American, a Negro; two souls, two thoughts, two unreconciled strivings; two warring ideals in one dark body, whose dogged strength alone keeps it from being torn asunder.

W.E.B. Du Bois (1868-1963)
The Souls of Black Folk (1903)

Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity.

Martin Luther King (1929-1968)
Strength to Love, 1963

When I found I had crossed that line, [on her first escape from slavery, 1845] I looked at my hands to see if I was the same person. There was such a glory over everything.

Harriet Tubman (1820?-1913)
to her biographer, Sarah H. Bradford, c. 1868

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.

Booker T. Washington (1856-1915)
Up From Slavery (1901)

Our nation is a rainbow—red, yellow, brown, black, and white—and we're all precious in God's sight.

Jesse Jackson (1941)
speech given at the Democratic National Convention in San Francisco on July 17, 1984



National Salute to Hospitalized Veterans



Veronica, 9, Greenburg, PA

The purpose of the National Salute to Hospitalized Veterans Program is to:

- pay tribute & express appreciation to hospitalized veterans;
- increase community awareness of the role of the VA medical center;
- encourage citizens to visit hospitalized veterans & to become involved as volunteers

From Feb. 11 through 17, the annual National Salute to Hospitalized Veterans will be observed at VA medical centers throughout the country.

The week of February 14 each year is our opportunity to say thank you to a special group of women & men, the more than 98,000 veterans of the U.S. armed services who are cared for every day in Department of Veterans Affairs (VA) medical centers, outpatient clinics, domiciliaries, & nursing homes. During the National Salute, VA invites individuals, veterans groups, military personnel, civic organizations, businesses, schools, local media, celebrities & sports stars to participate in a variety of activities at the VA medical centers. The activities & events include special ward visits & valentine distributions; photo opportunities; school essay contests; special recreation activities & veteran recognition programs. For more information, contact your nearest VA Medical Center & ask for Voluntary Service to discover the wonderful things you, your group or organization can do to salute America's Heroes.

VA Loma Linda Healthcare System

11201 Benton Street
Loma Linda, CA 92357

San Bernardino Vet Center

155 West Hospitality Lane Suite 140
San Bernardino, CA 92408

To find your nearest VA Medical Center, visit the VA Facilities Locator & Directory:

<http://www1.va.gov/directory/guide/home.asp?isFlash=1>

Looking for ways to support and honor U.S. military servicemembers and veterans who protect our security and freedom? Go to the Military.com Support our Troops webpage at

http://www.military.com/Content/MoreContent1/?file=support_troops to learn more.

Any Soldier, Any Marine, Any Sailor, Any Airman, Any Coast Guardsman: Send mail & care packages to soldiers who don't receive mail. <http://www.anysoldier.com/index.cfm>, <http://anymarine.com/>, <http://anysailor.com/>, <http://anyairman.com/>, <http://anycoastguard.com/>

Veterans & Families: Sacramento, California-based organization is building support services for returning veterans. <http://www.veteransandfamilies.org/home.html>

Wounded Warriors: Donates everything from phone cards to TVs to wounded soldiers. <http://www.woundedwarriorhospitalfund.org/>

